

**Docket No.:** MER-0103

**APPLICATION  
FOR  
UNITED STATES LETTERS PATENT**

**Title:** PUSH-UP BOARD EXERCISE DEVICE

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PUSH-UP BOARD EXERCISE DEVICE

Field of the Invention:

The present invention relates to an exercise device and, more particularly, to a portable and versatile exercise device used to strengthen the chest and arms of a user, the device being resistant to sliding, tipping, or falling over.

This application is a continuation-in-part of U.S. provisional patent application, Serial No. MER-0103 , filed January 15, 2003, for EXERCISE DEVICE, and claims the priority date thereof.

BACKGROUND OF THE INVENTION

Historically and traditionally, a smooth and sleek upper body has been desired by every body-conscious being. Therefore, push-ups became popular very early when it was realized that the effectiveness of these movements

encouraged and developed a well muscled, toned, and sleek upper physique depicting a healthy, well-nourished individual. Sequentially, a physically fit individual has become a status symbol, indicating happiness, self-assurance, prosperity and success. In addition, it is believed that these attributes bring about better jobs, salaries, and longer lives.

The earliest push-ups were done by placing one's hands on a flat surface and pushing away to the extent of the arms to ensue the performance and occurrence of a push up. Soon, it was apparent that a device could be invented that would make push-ups more effective and less difficult with the same amount of exertion. Thus began the first idea for the development of a push-up exercise device.

Since these earlier devices were first invented, there has been a need for a unit that was sturdy, stable, and unable to tip over while in use. Preferably, the unit would also be lightweight, portable, and economical to manufacture. Ideally, a unit that would be simple in composition with few complicated and easily comprehended

parts was also needed. Up until now, prior attempts did not meet these qualifications. They also did not have the simplicity or ease of use of this device. Some of the previous attempts had some of the needed qualifications, but never were the qualities so completely combined in one unit.

The present device meets all the needed standards plus it is also easily adjustable to enable a user to change hand positions to capture a complete range of motion and movement allowing different muscle groups to be exerted.

It is therefore a primary objective of the present invention to provide an exercise device, which solves the inefficient push-up value problems in the art.

A further object of the present invention is to provide an exercise device which is durable structurally in long-term and repetitive use.

Another object of the invention is to provide an exercise device, which can be used by many different types

of individuals at different levels of fitness.

The advantages, features, and objects will become more apparent with reference to the accompanying claims and specifications.

The closest prior invention, of which the applicant is aware, is a product by Altus Athletic Manufacturing Company located in Altur, Oklahoma. The device, known as Push-up Stands, consists of two separate curved handles, which are placed on a level surface and manipulated by pushing the body away with the hands. These units are very unsafe, awkward, and could cause serious injury by tipping over or sliding out from under the user.

The present invention remedies the deficiencies of the prior art. It is lightweight, portable, and versatile to accommodate individuals of many sizes, weights, and shapes. This device answers the ongoing industry need and consumer desire for development of a unit that adjusts quickly and easily thereby saving time and energy. It also answers the need and desire for a simpler exercise device with the

functionality of a proven design at a lower cost. The advantages, features, and objects will become more apparent with reference to the accompanying claims and specifications.

It is therefore an object of the invention to provide an exercise device that will allow a user to exercise the upper body effectively and efficiently working numerous body parts in a few easy motions.

It is another object of the invention to provide a safe and secure exercise device that will not tip or slide.

It is another object of the invention to create a portable exercise device, which will move and travel with the user.

It is another object of the invention to create an exercise device, which is easy and simple to use.

It is another object of the invention to create an

exercise device, which is economical to produce.

#### SUMMARY OF THE INVENTION

In accordance with the present invention, there is provided an exercise device for exercising and developing the upper body, chest, and arms of a user. The exercise device is constructed and arranged to be placed on the floor and is comprised of a base having a plurality of handles mounted thereon. The handles are arranged to provide a pair of outside handles or grips and a set of inside or center handles. The board of the device has cutout slots to provide handle adjustability and which enable the outside handles to slide and be secured to the base. The handle grips and the base or board can be constructed of wood, plastic, or metal. Preferably, the bottom of the base is provided with a non-slip surface. The placement of the handles enables the user to grab a handle on each side and work out the chest by doing a push-up or by sliding or rotating it in various positions to focus on different angles or parts of the chest and arms.

The exercise device may be set on the floor in front of a user, thereby enabling the user to grab the handles and work out the chest, triceps, or other parts of the upper body by doing push-ups or other like exercises. The exercise device is versatile, economic in construction, and easy to use. These and other benefits of this invention will become apparent from the following description by reference to the drawings.

#### BRIEF DESCRIPTION OF THE DRAWINGS

A complete understanding of the present invention may be obtained by reference to the accompanying drawings, when considered in conjunction with the subsequent, detailed description, in which:

Figure 1 is a perspective view of a push-up board in accordance with the invention;

Figure 2 is a top view of a push-up board in accordance with the invention;



Figure 3 is a bottom view of a push-up board in accordance with the invention;

Figure 4 is a side view of a push-up board in accordance with the invention;

Figure 5 is a perspective view of a human being using the push-up board in accordance with the invention;

Figure 6 is a perspective view of a human being using the push-up board in accordance with the invention;

Figure 7 is a perspective view of a human being using the push-up board in accordance with the invention;

Figure 8 is a perspective view of a push-up board, which shows further aspects of the invention; and

Figure 9 is a perspective view of a push-up board in accordance with the invention.

For purposes of clarity and brevity, like elements and components will bear the same designations and numbering throughout the FIGURES.

#### DESCRIPTION OF THE PREFERRED EMBODIMENT

Figure 1 is a perspective view of a push-up board 10 in accordance with the invention, which has a base 11. base 11 has four aligned, oblong, and parallel adjustment slots, first slot 12, second slot 13, third slot 14, and fourth slot 15. Further a fifth hand grip 23, a second hand grip 17, a third hand grip 18, and sixth hand grip 24 are shown mounted generally in the center of the base 11. The base 11 is a generally rectangular board, approximately 36 inches long, 8 inches wide and constructed of wood, plastic, metal, fiberglass, laminates, composites, like material or combinations thereof.

The first hand grip 16 and fourth hand grip 19 are adjustably mounted to the base 11. Each handle end may

have a screw or bolt 22 with a washer 21 which permits the first hand grip 16 and fourth hand grip 19 to be adjusted by means of a first slot 12, second slot 13, third slot 14 or fourth slot 15. Specifically, the screws or bolt 22 extend through the respective slot and may be slid along the length of the first slot 12, second slot 13, third slot 14, or fourth slot 15 to space and secure the first hand grip 16 and the fourth hand grip 19 with respect to base 11. Other adjustment means well known in the art may be utilized to adjust and secure the handles, however.

The fifth hand grip 23, sixth hand grip 24, and second hand grip 17 and third hand grip 18 are permanently secured to the base 11. The fifth hand grip 23, sixth hand grip 24, and second hand grip 17 and third hand grip 18 may be fixed by any known fastening means, i.e. via screws, bolts, adhesive and the like, and may be constructed of rigid materials such as plastic, wood, metal, fiberglass, laminates, composites, like material or combinations thereof. These center hand grips may all be attached in different sizes and shapes or the push-up board 10 may be constructed with only one center hand grip.

Figure 2 is a top view of the exercise device. This figure shows further aspects of the invention.

Figure 3 is a botttom view of the invention showing further aspects of the invention.

As shown in Figure 4, the underside of the base 11 has a bottom 20 covered by or formed of rubber or other non-slip surface, to provide stability to the push-up board 10 during use.

Figures 5-7 show the push-up board 10 in use by a user 25. The first hand grip 16 and fourth hand grip 19 of push-up board 10 are initially adjusted to suit the size and exercise regimen of the user 25.

In Figure 5 the user 25 is in the push-up position with his left hand 27 and right hand 26 grasping first hand grip 16 and fourth hand grip 19.

In Figure 6, the user 25 is in a downward position,

ready to assume the start position of Figure 5. This exercise strengthens the upper body of the user 25, the chest, shoulders, and upper arms and hands.

In Figure 7, the user 25 is utilizing the second hand grip 17 and third hand grip 18 to thereby exercise the right arm triceps 28 and left arm triceps 29. The up and down position of the user 25 is similar to that previously described.

Figure 8 shows further aspects of the invention regarding the makeup and use of the push-up board 10. Further, fifth hand grip 23 and sixth hand grip 24 are shown. The sixth hand grip 24 is an elongated handle or grip member which enables both hands to be placed thereabout. The fifth hand grip 23 (figures 8, 9) is a unitary structure, which allows the hands of the user 25 to be placed adjacent to each other on separate hand grip areas. The second hand grip 17 and the third hand grip 18 (figures 5, 6, 7) are an alternative to the fifth hand grip 23 which also allows the hands of the user 25 to be placed adjacent to each other on separate hand grip areas.

Figure 9 is a perspective view of the exercise board showing further aspects of the invention.

The push-up board 10 of the present invention is a portable and versatile exercise apparatus, which is easily manufactured and easily used. The board is adjustable to enable the user 25 to accommodate the width of the user's grip and to move the handles to exercise specific body and arm muscles. Although the handles or grip members are adjustable in the preferred embodiment, the board may be constructed with stationary handle or grip members and the base 11 may be constructed of any length and width to accommodate user 25 size and exercise regimens.

As many changes are possible to the push-up board 10 embodiments of this invention, utilizing the teachings thereof, the description above and the accompanying drawings should be interpreted in the illustrative and not a limiting sense.

Since other modifications and changes varied to fit particular operating requirements and environments will be apparent to those skilled in the art, the invention is not considered limited to the example chosen for purposes of disclosure, and covers all changes and modifications which do not constitute departures from the true spirit and scope of this invention.

Having thus described the invention, what is desired to be protected by Letters Patent is presented in the subsequently appended claims.